

WELCOME MESSAGE

Thank you for your interest in Carolina Athletix Cheer and Dance, LLC! We offer competitive cheerleading in the Greensboro/Piedmont area. We offer a full range of programs to meet the needs of our athletes and their interests. We aim to have each athlete progress and grow within our competitive programs.

This handbook describes the commitment, expectations, and financial obligations required to be a part of this program. If you have any questions about the information in this Handbook, or our competitive programs, please don't hesitate to ask. We are honored you are considering our program at Carolina Athletics! You are family here and we aim to grow and develop your athlete at our company! Welcome to CA!



CEO/Founder



coach_dwight@cacheerndance.com 336.254.5554

EXPECTATIONS

Please review this Handbook and contact an administrator if you have any questions. After you read this Handbook, sign the accompanying paperwork and return it to the office on your athlete's tryout date. They cannot tryout without the signed paperwork from a parent or legal guardian.

Use this Program Handbook as your first resource should you have questions throughout the season

At Carolina Athletix Cheer and Dance, we pride ourselves on skill, talent and culture. The athletes, coaches and parents are bound by the polices set forth in this Program Handbook, as well as our Code of Conduct, and are required to meet these principles and expectations on and off the mat.

Company members and parents must understand the large time commitment and financial obligations. Company members are expected to make Carolina Athletix their extra curricular priority over their other activities.

Our novice, prep and beginning teams season runs from May to April, and our elite teams depends on their team with regard to their final competition. All elite teams final competition depends on their bid, or an invitation to a high caliber national cheerleading competition.

All competitions are required and athlete are not permitted to miss any competitions.





If you can not commit to our program's attendance policy, please do not try out!*

Attendance will be recorded all year to record all absences by a coach. Absences will be reviewed on an individual basis. The program director reserves the right to remove/dismiss any athlete who misses more than 3 absences.

If an athlete notices they will be absent, they must notify their coach so that a substitute can be contacted to fill their spot.

We understand there are reasons beyond the athletes control they may miss practice such as serious illness and hospitalization, funeral, school event, therefore we have allotted 3 absences for that reason.

The coaches may replace your athlete for multiple absences. During the week of competition if the athlete misses practice, they will not receive medals, trophies, banners, certificates or any awards. If the team receives a bid, the athlete will not be able to participate with the bid winning team.

NON NEGOTIABLES!

Absolutely no absences during the following:

- The week before competition and the week during a competition
- On Competition Days
- For mandatory camps, event. and skills trainings



ATTENDANCE SUMMER

If you can not commit to our program's attendance policy, please do not try out!*

Please submit all planned absences in writing at the beginning of the season. All absences must be emailed to

cacoach@cacheerndance.com. Vacations after our Pre-Season ends must be scheduled so they do not interfere with our program.

PRE-SEASON ATTENDANCE

POLICY:

June: Only 2 absences are permitted.

July: Only 2 absences are permitted.

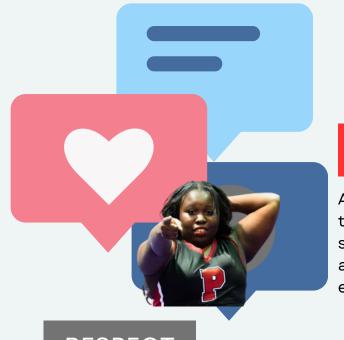
August: Only 2 absences are permitted.

TARDY POLICY:

There will be a five (5) minute grace policy for those that arrive late or leave early. Five tardies will equal 1 absence.

All Elite teams will practice a required 1 practice a week in June and July.

Starting in August throughout the end of the season, teams may practice 2-3 times a week based on competition needs.



HONOR

All athletes and parents are encouraged to be friendly and show respect. Good sportsmanship towards coaching staff, administrators, other teams and host event producers is always expected.

RESPECT

Negativity, gossip, pettiness, or hostility toward our staff, athletes, parents, directors and administrators will not be tolerated and may be terms for immediate dismissal. Anyone who is observed speaking negatively about athletes, verbally assaulting coaches or athlete, threatening or violent remarks will be asked to leave the program and will be banned the following year.



RESPONSIBILTY

No staff, coaches, athletes or parents may post inappropriate messages on their social media (FB, group chats, IG, X -Twitter, Tik Tok or any blog post or webpage that exists.

Inappropriate messages could be drug or alcohol use, sexual/nude photos, inappropriate or vulgar gestures of any kind whatsoever.

BEHAVIOR & SOCIAL MEDIA POLICY





Any athlete who bullies online or in person will be removed from the program and will not be allowed to return the following year.

HONOR

Any athlete, coach, staff, or program member that posts inappropriate social media will be removed from the program and reported to USASF.



No videos of the athletes performances are allowed to be posted without the consent of the Program Owners. All choreography and stunts are highly protected.



COMMUNICATION

There is no excuse for missing information or being uninformed. Athletes and parents must do their best and stay up to date with information concerning schedules, events and etc.

It is mandatory that at least one (1) parent:

- Attends mandatory meetings
- Is on the group me for their team
- Is in the FB group for Carolina Athletix parents

All information for Carolina Athletix should remain confidential and should not be shared with individuals who are not apart of the company.

COMPETITION DRESS CODE & ETTIQUETE

All athletes & coaches are expected to be good representatives of Carolina Athletix at competitions and events. Members must exemplify good sportsmanship and behavior. All company members must show positive support for all. team members, to not be rude or disrespectful to any team members, judges, officiants, or event hosts. No athlete or parent may approach or call any officiant, judge, or event producer for any reason. Athletes should arrive to competitions and events and be "appearance ready". At no time may an athlete appear unfinished or their hair, makeup, uniform not be at full capacity. Athletes must arrive mat ready and on time. No slides, other gym shirts, sneakers or non approved attire may be worn inside the venue. Per USASF rules, athletes cannot have exposed middrifs, this includes at awards. Athletes may wear Carolina Athletix brands t shirts and apparel and jackets only. During competition time, athletes may not change their hair color to any unnatural color (pink, blue, green, etc).

WHO TO CONTACT?



If there are any questions, athletes must contact the following via this chain of command:

Team Mom>Team Coach>Administrator> Gym Owner



DISCIPLINE

If any program expectations are not met by a company member, the following actions will occur:

1st Violation-Meeting with the athlete or parent and/or a phone call defining the problem.

2nd- A written notice which discusses the company member is on their final warning.

3rd-Violation-Removed from the progam.

The Gym Owner reserves the right to dismiss the company member based on their discretion.

EVALUATIONS & TEAM PLACEMENTS

Athlete placements are the sole discretion of the coaches and Gym Owner. Athletes will be evaluated by skill mastery, comprehension of levels, stunt position need or knowledge and consistency. Tumbling skills are not a reason for an athlete to move up a level. The coaches will evalute athletes based on a set of criteria or that team, following USASF guidelines and using professional expertise. The coaches' and Gym Owner's decisions are final.

Throughout the season, Carolina Athletix reserves the right to move individuals based on need, attendance, conduct, finances, parent conflicts, and fit for the team.

Anyone threatening to quit or pull their athlete from the program will be dismissed and may not be permitted to return to the company.

FINANCIAL POLICIES

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The financial dates for the company are listed in this Program Handbook. The end of the season events, extra merchandise for those events are not listed, and will be provided at a later time. The correspondence will be sent in your team's group communication for bid events. Parents will assume all financial responsibility for their athletes. Failure to adhere to policy and make required payments will result in dismissal from the program.

All payments must be complete for tuition by the fifth of the month. Monthly fees are not prorated for any reason. Invoices are available online. Parents can not skip months for tuition and if fees are not paid the athlete cannot practice. Coaches reserve the right to replace athletes if this does occur. Failure to communicate regarding payments will result in legal proceedings that will occur.

If the account is more than (10) days delinquent Carolina Athletix reserve the right to:

- Withhold Services (lessons, classes, practices, etc).
- Withhold uniforms, bows, practice wear.
- Withhold team or individual pictures
- Withhold training with any affiliants, contractors, or any individuals and companies that are housed in Carolina Athletix Cheer Gym.

All travel requirements are the full responsibility of the parents. Some of the competitions are stay to play and this means athletes must stay at the selected hotel per the event producers/ USASF. All stay to play events will be announced in the group. communication.

All competition fees are due in advance and are FINAL. If an event cancels, or Carolina Athletix decides to cancel an event we will. search for a replacement. This may result in an increased fee for that replaced event. All program fees for Carolina Athletix are NON-REFUNDABLE, and Carolina Athletix reserves the right to turn over any delinquent accounts to a collection agency and the parent/guardian is responsible for all associated fees.

LOGOS & PROPIERTARY

MERCHANDISE

Carolina Athletix, it's logo, and it's team names are considered proprietary and may not be reprinted on any merchandise. All items are sold through our office. No items with the athletes, their pictures with our attire on, or any likeness of the Carolina Athletix brands will be permitted to be sold by any vendor.

No distribution, no soliciting, or sale of any products or services is permitted unless approved with written permission from the Gym Owner.





Tiny Sizzle, Tiny Embers, Mini Firestarters, Youth Flames, Lady Blaze, Platinum, Dynamic Dancing Rubies or any new or developed CA Company/Team.



Only CA Coaches and Athletes are allowed inside of the gym. Parents, are limited to their cars. Carolina Athletix's practices are closed. Additionally, non company members, friends, siblings etc. may not sit in practice to watch.

We will not be available to babysit.

No gum, food, or candy is allowed in the gym for any reason. Throw away your food before you come inside. This means no fast food cups, wrappers, boxers are allowed inside of Carolina Athletix's gym for any reason.

Carolina Athletix assumes ABSOLUTELY NO responsibility for lost, stolen, or damaged items that are brought into the facility.



PROGRAM WITHDRAWAL OR DISMISAL

If any athlete decides to leave the program for any reason, prior to the END of the season, a 30 day written notice is required.

In the event the athlete quits or withdraws from the program OR is dismissed, any fees that are due within the 30 calendar day period are still due and will be drafted from your account on the 30th day. Any fees paid for merchandise, trainings, camps, etc. will be forfeited. If the athlete receives merchandise and leaves the program or is dismissed, they must return all merchandise back to Carolina Athletix within 5 business days.

In addition, there is a \$300 program exit fee for anyone who leaves the program early or is dismissed from the program.

Carolina Athletix. reserves the right to send to pursue legal action for an unpaid fees.

Practices may be changed or removed the discretion of Carolina Athletix.

Routine & Skills Camps



All routine and skills camps are required. The elite teams may be one or two days. During evaluations, all parents MUST Provide information for when they will be unavailable. Final choreography dates will be placed after team reveal.



Competition Schedule will be released in August 2024

Important dates

June 1st

Routine Camps- July, August, September Dates TBA- Announced after tryouts

Gym Closings:

May 27th

Independence Day- July
1st- 7th
Labor Day- September2nd
Thanksgiving Nov 27-30th
Winter Break- December
19th-Jan 2nd
*Summit and other Bid
teams cannot miss any
practices in March & April

We ask that all families and coaches to review the Carolina Athletix Code of Conduct. Competitive athletics play a vital role in encouraging physical, social and emotional growth of children. It is therefore essential for parents, coaches and officials to encourage their athletes to embrace the values of good sportsmanship, discipline and character development. All compliance infractions will be reviewed by the Executive Board for appropriate actions. Therefore as a company member I agree to do the following:

ATHLETE CODE OF CONDUCT

- 1. Be a good sport (win or lose), be honest, fair and always show good sportsmanship to all coaches, players, officials and fans.
- 2. Learn the value of commitment to the team.
- 3. Put personal goals aside for the betterment of the team.
- 4. Show courtesy and respect to all teammates, parents, opponents and coaches.
- 5. Realize that athletic contests, including practice sessions are educational experiences and opportunities.
- 6. Players will not engage in unsportsmanlike conduct.
- 7. Players will not engage in rude behavior on or off the mat.
- 8. Athletes will treat everyone, including coaches, parents, players and officials with respect regardless of race, creed, color, nationality or gender.
- 9. I will be committed to my team and my company.
- 10. I. will be honest
- 11. I will trust my coaches and understand the evaluations are necessary to place athletes on the right teams.
- 12.1 will refrain. from gossip and negative interactions
- 13. If I see bullying or am experiencing it, I will report to the proper chain of command (team mom, coach, Gym Director, Gym owner, etc.)
- 14. I will maintain proper healthy behaviors such as proper nutritional & physical requirements for this sport.
- 15. I will not participate in the illegal consumption of drugs ,tobacco ,or alcohol. I. understand doing so will result in the immediate removal of the program. NO EXCEPTIONS!
- 16.I will refrain from gossiping, or using any form of verbal confrontation. I will speak positively about the Carolina Athletix program, coaches, staff, athletes and parents.





Level 1 Tumbling Skills

Basic Level 1 Tumbling Skills

Advanced Level 1 Skills

Back Walkover Front Walkover Cartwheel Roundoff Connect Multiple Skills
Roundoff Back Walkover
Cartwheel Back Walkover
Front Walkover Roundoff Back Walkover

Level 2 Tumbling Skills

Basic Level 2 Tumbling Skills

Advanced Level 2 Skills

Standing Back Handspring
Back Walkover Back Handspring (BHS)
Roundoff Back Handspring
Front Walk Over Roundoff Back Handspring

Roundoff Three BHS series
BHS Step out to a Front or Back. Walkover
Front Walkover Roundoff Series of BHS

Level 3 Tumbling Skills

Basic Level 3 Tumbling Skills

Advanced Level 3 Skills

Standing Three Back Handspring
Roundoff BHS Back Tuck
Roundoff Tuck
Toe Touch Back Handspring

Sequence of Three Jumps to Multiple BHS
Punch front to Roundoff BHS Back Tuck
Front walkover Aerial

Level 4 Tumbling Skills

Basic Level 4 Tumbling Skills

Advanced Level 4 Skills

Standing Tuck
Toe Touch BHS Back Tuck
Standing Two BHS to Layout
Roundoff BHS Layout

Sequence of Three Jumps to Multiple BHS
Back Tuck
Standing BHS to Whip layout pass
Punch front step out Roundoff BHS layout
Standing Back Tuck Two BHS to Layout



Level 5 Tumbling Skills

Basic Level 5 Restricted Tumbling Skills

Toe Touch Back Tuck
Standing Multiple BHS to a
Full
Roundoff BHS Full

Advanced Level 5 Restricted Skills

Three Whipped Jumps to a Back Tuck
Punch Front Roundoff BHS to a Full
Front Walkover to a Full
WhipPass through a Full

Basic Level 5 Tumbling Skills

Standing BHS to a Full Running Variations through a Full Advanced Level 5 Tumbling Skills

Standing Full
Running Variations to a Double Full
Cartwheel Full
Standing Variations to a Full or Double Full

2024-2025 Schedule of Fees Prep &Half Season Competitive cheer

Date Charge **Amount** June 6/1/24 \$35 **Annual Registration** 6/1/24 June Tuition \$60 Gym Practice Wear 6/15/24 \$70 July Initial Fee (Routine 7/1/24 Camp, Choreography and Music \$250 7/1/24 July Tuition \$60 7/31/24 Competition Fees 1/6 \$55 August 8/1/24 Uniform New Athletes Only* \$150 8/1/24 **August Tuitiion** \$60 8/1/24 \$30 Competition Bag \$55 8/15/24 Competition Fees 2/6 Program Warm Up 8/15/24 \$75 September 9/1/24 September tuition \$60 9/15/24 Competition Fees 3/6 \$90 October October tuition 10/1/24 \$60 Competition Fees 4/6 \$45 10/15/24 November 11/1/24 November tuition \$60 \$40 11/15/26 Competition Fees 5/6 December 12/1/24 December tuition \$60 \$40 12/15/24 Competition Fees 6/6 January 1/1/25 \$60 January tuition 1/15/25 Coaches Fee \$60 **February** 2/1/25 February tuition \$60 March 3/1/25 March tuition \$60 April 4/1/25 April tuition \$60 May 5/1/25 May tuition \$60

Evaluation/Registration Paperwork

The following completed paperwork MUST be turned in to the front office the first day of evaluations:

- Athlete Skill Evaluation Form
- Copy of Birth Certificate (Non-Returnable)
 - Copy of Medical Insurance Card
- Headshot Photo attached to the Athlete Evaluation Form (Non- Returnable)
 - Athlete Roster Card
 - Release of Liability & Assumption of Risk
 - Photo Release
 - Medial Authorization & Release
 - Acknowledgement of Program Handbook

Team Reveal

Team placement cards will be distributed through email. Please make sure you provide a working email. We hope to have emails out to everyone no later than 8pm on the Team Reveal Day. Once emails have been sent, any concerns must be tabled until the end of the weekend. Do not contact Carolina Athletix staff members until after the weekend.

Summer Practices

During the months of June and July, teams will practice regularly on weekdays in preparation for choreography camps.

Please note if an athlete is unable to fulfil his or her commitment, team assignments as presented at The Team Reveal may be modified.

Other Expenses

The listed items and amounts on this schedule do not include other expenses such as:

Athletes Annual USASF membership fee \$49
Athlete and family travel expenses to and from
competitions

Competitions
Cheer shoes
Individual and Team Pictures
End of the Year Banquet Party
Backpacks, jacket and other pro shop items
Tumble classes or other specialty classes
End of season gifts for Nationals

Bid Events

Junior and Senior teams will be competing to earn a bid to the Summit in Orlando, Florida Youth Teams will be competing to earn a bid to Tampa Florida- Youth Summit or Cheer Nationals in Orlando, Florida

Required National Event Fee: \$100

The bid event fee will be due within 30 days of receiving the bid or event registration (whichever comes first). The final amount will be determined by the type of bid. The price above is an estimate. This fee covers additional expenses such as improved choreography practices, coaches travel, athlete practice and/or spirit wear, etc.

Summit / Grand Nationals Competition Fee: (Varies Depending on Event)

The competition fees and additional travel package fees will be paid directly to the event company. It is due within15 days of receiving the bd and final balance due in 90 days.

Athlete Skill Evaluation Form

Athlete First & Last Name		
Birth Date	Age as of 12.31.24	
Grade (2024-2025)	Primary contact number	Attach headshot of athlete (Photo will not be returned)
Parent/Guardian Name		
CIRCLE YOUR CURR	ENT SKILL LEVEL	

Tumbling Skills 12345/6

Stunting Skills 1 2 3 4 5/6

Are you interested in being a Crossover? YES/NO

What is your PREFERRED stunt position? FLYER BASE BACKSPOT

Gym/Program Name in 2023-2024_____

Team and Level in 2023-2024_____

I am willing to cheer on any Carolina Athletix team regardless of level: YES NO

Number of years in All Star Cheer

If NO, please list levels you would be interested in and why:

2024-2025 Athlete Roster Card

Athlete First & Last Name	
Street Address	
City, State, Zip Code	
School Name and Grade 2024-2025	
Birthdate. Age as of 12.31.24	
Athlete email	
Parent Guardian Name	
Parent Guardian Phone Number	
Parent Guardian Email	
Sibling Athlete (s):	
T-shirt size Shorts size	
SUMMER VACATION/KNOWN ABSENCE DA	TES:
Also needs to be entered in Google docum	nent
June 2024:	July 2024:
August 2024:	Other:

2023-2024	Athlete Forms Received	Athlete Gear Delivered
TEAM PLACEMENT	USASF Annual Registration	Uniform & Bow
	Birth Certificate	Make-Up
	Medical Insurance Card	Practice Wear & Bow
	Release of Liability Form	
	Photo Release Form	
	Medical Authorization Form	
	Acknowledgement Program Handbook Form	

By providing your contact information, you consent to being contacted by Carolina Athletix Cheer and Dance, LLC and its representatives, coaches and staff. Carolina Athletix takes your privacy very seriously, and will never release, sell or distribute your information to third party without your prior written consent.



307-B Edwardia Dr. Greensboro, NC 27409 (336) 253-5348

CA Cheer and Dance, Inc.

Athlete Information & Medical Release Form

Please fill out all information that applies:

Athlete Name:		
Address:		
City/State/Zip:	Fax Number: ()	
Parent Name(s):	Athlete Email:	
Current School:	Parent Email:	Date
of Birth:	Parent Daytime Ph: ()	
Medical Authorizatio		
cannot be reached to so consent. I al emergency care to my child to stabili sustained during activities related to	nc. and its parties to consent to medical treatment is so give CA Cheer and Dance, Inc. permission to adminize and/or improve the current injury or condition that is CA Cheer and Dance, Inc. instruction, practices, or peregency or danger of serious or permanent injury resultion.	ister the necessary my child may have rformances. No prio
Participant has elected to take part in	n certain recreational activities. In consideration for an	ıd as a
condition of such participation, parti hold CA Cheer and Dance, Inc. and it character arising out of or in connect	icipant ag <mark>rees t</mark> o assume all <mark>risk involved</mark> with particip t's parties, <mark>ha</mark> rmless from all <mark>suits,</mark> claims, or demand ion with the said athlete as a participant in said recrea r and <mark>Dance</mark> ,Inc. and it's parties from all suits claims o	pation and agrees to s of every kind and tional program.
kind and character which participant	or p <mark>artic</mark> ipant's success <mark>ors o</mark> r assig <mark>ns sh</mark> all or may hav	ve arising out of or
understood that participation in this	e course of instruction and activities contemplated in t activity could result in serious injury and/or death. It is pate in the program and is in good physical condition.	
Parent/Legal Guardian signature:	Date	
Please list any physical/psychologic	cal limitations, injury, or weakness that may	
affect the athlete:		
Any medicines allergic to:		
Doctor:		
	Policy Number:	·
Emergency Contact:	Phone: ()	
Cash Check #	Team	
		_



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CA Cheer and Dance, Inc.

PERMISSION TO USE PHOTOGRAPH

I have read and understand the above:

I grant to CA Cheer and Dance, Inc. its representatives and employees the permission to use my child's photography image or recording in future promotion, advertisement and literature for any CA Cheer and Dance program. I authorize CA Cheer and Dance, Inc. and its assignees and transferees to copyright, use and publish the same in print and or electronically.

I agree that CA Cheer and Dance, Inc. may use such photographs of me with or without my child's name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and web content.

100			
Participant's name _	AIFO II		
Signature		Date	
(parent or legal guar	dian if under age 18)		

COACHES



SHARONDA LEWS

STOMP AND SHAKE CHEER

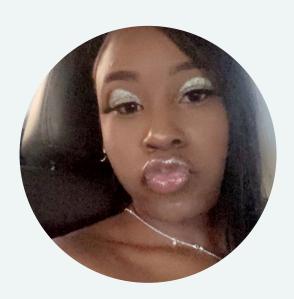


MACIAH BARBEE
TUMBLING AND CHEER COACH



KAYLA COLE

CHEER COACH



MAZI C.

CHEER COACH

CAROLINA ATHLETIX ADMINISTRATORS



LAURYN BURT

YOUTH COORDINATOR OF CAROLINA ATHLETIX



SHAKEITA HACKETT

DIRECTOR OF CHEER



CLAUDJA DWIGHT

PRESIDENT



ELISIAH BUCHNAN

ASSISTANT DIRECTOR OF CHEER

ACKNOWLEDGEMENT OF PROGRAM HANDBOOK

T doknowledge
I received a copy of the Carolina Athletix Program Handbook. I understand
and agree to abide by all of the rules, regulations and policies set forth in this handbook.
(initial)
(Hircial)
I further acknowledge that I have read, understand and agree to abide by all Financial Policies in this Handbook and that the company outlines in their correspondence
I acknowledge, understand, and agree that the payment of tuition,
expenses and other fees does not guarantee the right for my child to
perform and that my child must meet the skill and attendance requirements.
(initial)
Parent/Guardian Signature:
Date:
I,, acknowledge I received a copy of the Carolina Athletix Program Handbook(Athlete's initials)
I further acknowledge that I have read, understand, and agree to abide by
the Carolina Athletix Athlete Code o <mark>f Conduc</mark> t.
(Athlete's initials)
Lealing wording and agree that the neumant of tuition expenses
I acknowledge, understand and agree that the payment of tuition, expenses and other fees does not guarantee my right to perform and that I must meet
the skill and attendance requirements.
(Athlete initials)
Athlete Signature:
Parent/Guardian Signature:
Date: